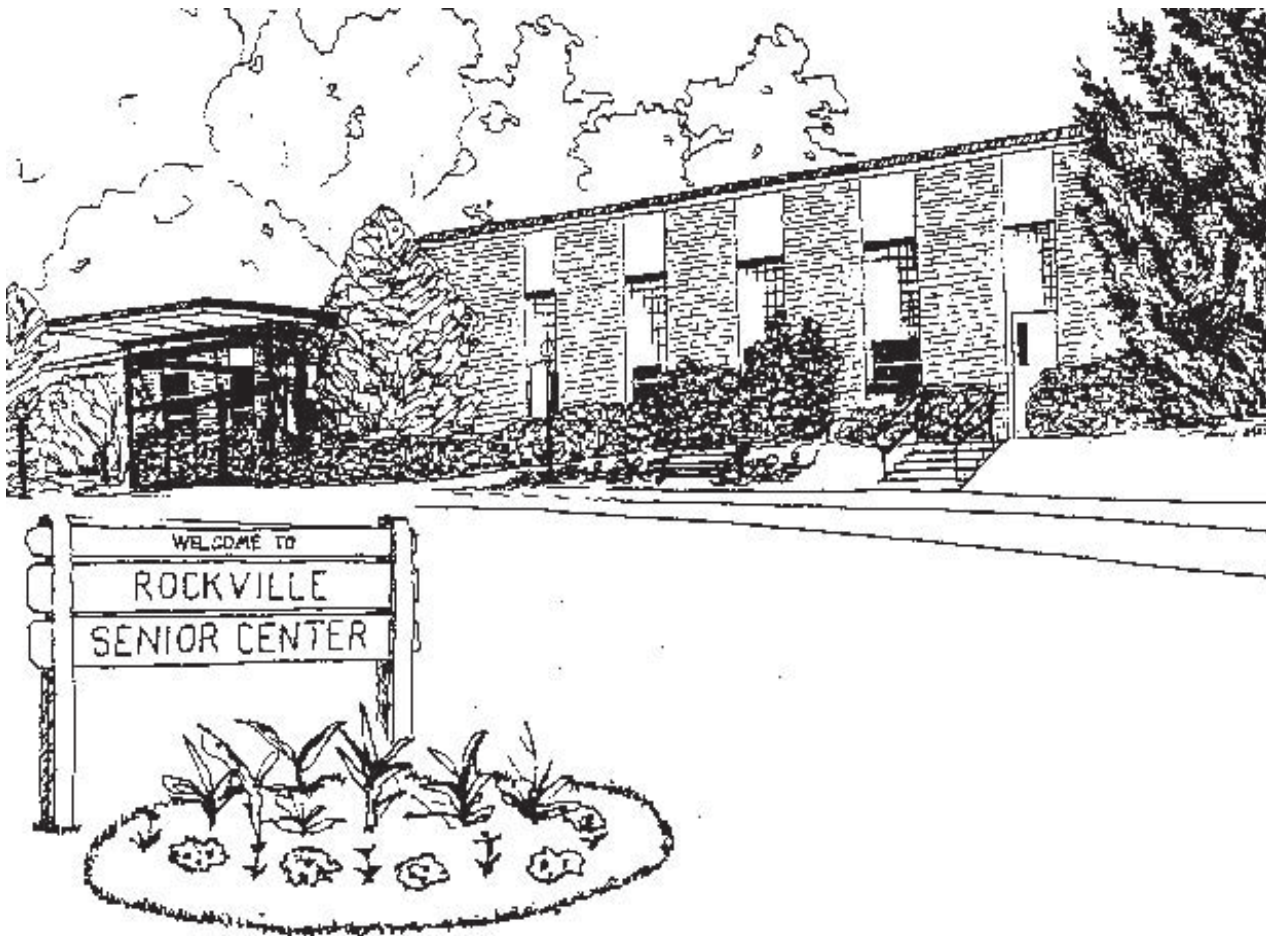


Rockville Senior Center

Newsletter/Calendar

Add life to your years!



Atención: Si usted necesita parte de este calendario traducido al Español. Por favor de llamar al 240-314-8817.

如需詢問華裔活動日程
請打電話: 240-314-8818

June 2004



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Date to Remember:

Wednesday, June 2

1:30 p.m.

**Birthday & Anniversary
Party**

May/June Memorial Fund & RSI Donations



Thank you to the following people who made donations to RSI and/or the Memorial fund:

In Contribution to the Spring Bazaar:

- Lin Chin Chee
- Mae Yaplee

In Memory of Ann Burwell:

- Doug King

In Memory of Joe Razza:

- Connie Farrell

In Memory of Estelle Berberian:

- Rick's Fish and Pet Supply
- Brigitta Mullican
- George & Donna Wolohojian
- Irene Yuhaniak & Randy LaComb
- Patrick & Katherine Fahey
- Jean Beeman
- Claire Kline
- Harriet & Gordon Nathanson
- Ann Mitchell
- Daniel Hanessian
- Kim Kumiega & Randall Paulson
- Virginia Varteressian & Family
- Phyllis Marcuccio
- Ricki & Michael Weiser
- Judy & Steve Abrams
- Paula Horowitz
- Kelly & Mike Moberg
- Stuart Crump

Highlights for the Month...

June 2 – 1:30 p.m. – 3:00 p.m. **BIRTHDAY PARTY** June Birthday & Anniversary Party. Entertainment by “Just Us”. Thank you to Edward Jones Investments for sponsoring this month's party. Free. **REGISTER ACTIVITY #10564 BY 5/25.**

June 7 – 10:00 a.m. – 12:00 p.m. **CLARIFY COMPUTER CONCEPTS** Now that you have completed the Beginners Introduction to Computers, learn what comes next. This class will reinforce what you were taught and demystify all the new concepts and terms that you have encountered. After this class you will be ready for Computer Essentials and the magic of the Internet, e-mail and much more. \$6.00 – members & \$8.00 – nonmembers. **REGISTER ACTIVITY #10697.**

June 8 – 11:00 a.m. – 12:00 p.m. **SENIOR BACK PAIN** Don't be one of the ‘walking wounded’. Millions of people suffer from back pain, often unnecessarily. Learn ways to prevent and treat the problem without drugs! In this one-hour seminar, Dr. Robert Rifkin will explain different types of back pain conditions and how to deal with them. Includes a postural analysis and time for questions and answers. Free. **REGISTER ACTIVITY #10485 OR CALL 240-314-8810.**

June 8 and 10 – 10:00 a.m. – 12:00 p.m. **WATERCOLOR WITH A SPLASH** This class will address color, shape and composition. Creative use of subject matter and developing your personal approach will be emphasized. Get inspired for your summer painting! Note: Class open to those who have taken an experimental, beginner or advanced watercolor class. Registration fees: \$18.00 – members and \$23.00 – nonmembers. **REGISTER BY 5/27, ACTIVITY #10847.**

June 8 to 17, 10:00 a.m. – 12:00 p.m. **INTERNET** Get on line via the Internet and get connected to the information age. Through Internet Explorer, find free software, health information, purchasing information, product and price comparisons and much more. \$20.00 – members and \$25.00 – nonmembers. **REGISTER ACTIVITY #10470.**

Highlights for the Month...

June 9 – 1:00 p.m. – 2:30 p.m. **DOWNSIZING – WHERE TO START** More room than you need? Tired of scrubbing that extra bath? Lawn maintenance becoming a chore? Perhaps downsizing is the solution! Learn about the downsizing process one step at a time so that you can have more time to enjoy your life. Presented by Louise Canavan, Mortgage Banker, and Arominta Perry, Realtor. Free. **REGISTER ACTIVITY #10547 OR CALL 240-314-8810.**

June 10 – 14 - **BOOGIE TO BRANSON TRIP** for all those with confirmed reservations.

June 14, 22 and 24 - Monday, Tuesday, & Thursday **BEGINNERS INTRODUCTION TO COMPUTERS** This 6-hour course is for seniors having very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Basic skills are taught in small classes at a pace to build confidence and encourage further learning. Keyboard session: Monday, June 14, 10:00 a.m. - 11:30 a.m. Mouse session: Monday, June 14, 12:30 p.m. – 2:00 p.m. Word Processing session: Tuesday and Thursday, June 22 and 24, 10:30 a.m. – 12:00 p.m. Beginners are eligible to attend the Beginners Practice Lab and receive further individual instruction every Friday morning from 9:30-11:30 a.m. Free. **REGISTER ACTIVITY #10696.**

June 15 **GROUPIANO** Lessons offered at different levels, teach the rudiments of rhythm, theory and note reading. Pianos are available for each lesson and for practice. Note: Prerequisite for all classes is completion of spring season's class for this four-week class.

ADVANCED INTERMEDIATE - ACTIVITY #10908 REGISTER BY: 6/3 10:00 a.m. – 11:00 a.m., June 15 to July 6 \$42.00 – members and \$52.00 – nonmembers.

ELEMENTARY – ACTIVITY #10909 REGISTER BY: 6/3 11:00 a.m. – 12:00 p.m., June 15 to July 6 \$42.00 – members and \$52.00 – nonmembers.

At the Movies in April...



CHEAPER BY THE DOZEN

June 3 & 4 at 1:00 p.m.

Steve Martin & Bonnie Hunt star in this hilarious tale of two loving parents trying to manage careers and a household – amid the chaos of raising twelve rambunctious kids.

SOMETHING'S GOTTA GIVE

June 8 & 10 at 1:00 p.m.

Harry Sanborn (Jack Nicholson) is a perennial playboy with a libido much younger than his years. During what was to have been a romantic weekend with his latest infatuation, Marin (Amanda Peet) at her mother's Hamptons beach house, he develops chest pains. He winds up being nursed by Marin's reluctant mother Erica Barry (Diane Keaton), a successful divorced New York playwright. In the process, he develops more heart pangs – the romantic kind for Erica, an age-appropriate woman whom he finds beguiling. And Harry, who has always had the world on a string finds his life unraveling.



BINGO

EVERY WEDNESDAY

The Rockville Seniors, Inc. fundraising
BINGO every Wednesday night.

- \$1,000 Jackpot
- Early Bird starts at 7:00 p.m.
- Regular Games at 7:30 p.m.

Free, well-lit parking
Complementary food with admission

1150 Carnation Dr.
Rockville, MD 20850 • 240-314-8800

Directions: 240-314-5019

Highlights for the Month...

June 16 – 10:00 a.m. – 12:00 p.m. **WORD PERFECT – AN INTRODUCTION** Learn the basics and then use Word Perfect for your word processing jobs. We will cover formatting text and storing formats for future documents. Prerequisite: Computer Essentials. \$6.00 members and \$8.00 nonmembers. **REGISTER ACTIVITY #10700.**

June 16 – 10:30 a.m. – 11:30 a.m. **BOCCE TOURNAMENT** Join us for a Summer Bocce Tournament, rules will be reviewed prior to play. **REGISTER VIA SPRING GUIDE, ACTIVITY #10006.**

June 16 – **SPIRIT OF WASHINGTON II** – Cruise for those with confirmed reservations.

June 16 – 1:00 p.m. – 2:30 p.m. **CLASSICAL MUSIC APPRECIATION** with Murray. This month's feature is Romantic Music for the Wedding Month. Free. **REGISTER BY 6/9, ACTIVITY #10843.**

June 17 – 1:00 p.m. – 2:00 p.m. **CONDITIONS OF THE HAND** Hand and wrist problems abound and encompass everything from arthritis to trigger finger to carpal tunnel syndrome. Learn about these conditions and more from Dr. Harrison Solomon, a hand surgeon. Is surgery always necessary? What can be done to relieve the pain and disability of problems associated with the hands. Free. **REGISTER ACTIVITY #10524 OR CALL 240-314-8810.**

June 18 – 10:00 a.m. – 12:15 p.m. **WATERCOLOR CARDS** No painting experience necessary to make these lovely, one-of-a-kind cards. We'll use rubber stamps for our designs and then simply fill in with watercolors of our choice. These are fun to do, simple to make and are suitable for framing as well as giving. Registration fee: \$14.00 – members and \$18.00 – nonmembers. **REGISTER BY 6/11, ACTIVITY #10850.**

Highlights for the Month...

June 21 to July 2 – 10:00 a.m. – 12:00 p.m. **CONVERSATIONAL FRENCH FOR BEGINNERS** Learn French in the same way you learned your native language; by listening and repeating phrases. No books, no handouts and no English in the classroom. Individual participation in a question and answer motif will be used. Even if you have studied French in school, this look, listen and repeat system will enable you to think in the French language without the necessity of silent translating. Fee: \$35.00 – members and \$40.00 – nonmembers. **REGISTER ACTIVITY #11279.**

June 22 – 10:00 a.m. – 11:30 a.m. **HISTORY LESSON – CALIFORNIA TRAIL** Continue your history lesson along the California Trail. Charles Burroughs will be here to lead the journey for us. With all the focus on Lewis and Clark and their incredible adventure, we want to be sure we learn about the other many adventures that took place on our Westward passage. Saddle up your pony and join us on as we continue on our journey through history. Free. **REGISTER BY 6/22, ACTIVITY #11325.**

June 23 – 4:50 p.m. – 11:00 p.m. **FREDERICK KEYS BASEBALL GAME** See the Frederick Keys play the Winston Salem Warthogs. **REGISTER VIA SUMMER GUIDE, ACTIVITY #10910.**

June 23 to July 7 – 10:30 a.m. – 12:30 p.m. **BRIDGE – REVIEW COURSE** Join Saul Penn for this 3-week review course to update and rejuvenate your bridge playing skills. The course will cover Bidding Requirements, Opening, Responding and Overcalling. Registration fee: \$28.00 – members and \$35.00 – nonmembers. **REGISTER BY 6/15, ACTIVITY #10928.**

June 24 – 10:00 a.m. – 11:00 a.m. **HORSESHOE TOURNAMENT** Claim your stake in our Horseshoe Tournament. Meet at the horseshoe pits at the end of the side parking lot. **REGISTER VIA SUMMER GUIDE, ACTIVITY #10904.**

June 28 – **TOPIARY GARDENS OF LADEW** trip for those with confirmed reservations.

For Sale...



Would like to buy a wheelchair. Please call 301-881-0244.

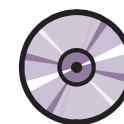
Gate of Heavens Cemetery – 1 grave site. Value \$1,000.00 – will sell for \$725.00. Call 301-770-7181.

2002 Joy Stick Wheelchair. Excellent condition. 300 lb. capacity. Needs batteries. Paid \$5,500.00 – asking \$1,500.00. Call 301-762-5819 – answering machine.

4 poster maple canopy bed – \$75.00.
Maple kitchen table – 40" round with leaf – \$50.00. Call 301-460-8936.

To place an advertisement, please call 240-314-8800. No fee for members. Non-members \$5.00 for two months.

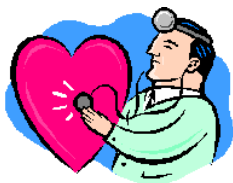
New DVDs



Runaway Jury – Pg13
Intolerable Cruelty – Pg-13
Daddy Day Care – PG
Uptown Girls – PG-13
Haunted Mansion – PG
Master & Commander – PG-13

Movies are free to members and may be taken out for 3 days.

Heartwell Program: Tip of the Month



Did you know caffeine may increase your blood pressure? Many doctors advise people with high blood pressure to limit their caffeine intake to no more than two cups of coffee, three- four cups of tea, or two to four cans of soda. Also avoid caffeine right before activities that naturally increase your blood pressure, such as exercise or weightlifting.

Caffeine Content of common beverages (per serving):

Brewed Coffee (8 oz.)	85mg
Instant Coffee (1 dry tsp.)	75 mg
Decaf Coffee, brewed (8 oz)	3 mg
Decaf Coffee, instant (8 oz.)	3 mg
Black tea	40 mg
Green tea	40mg
Diet Coke	45mg
Coca-Cola Classic,	
Cherry Coca-Cola	34mg
Diet Pepsi	36mg

Submitted by Elyse Greenberg, RN

Highlights for the Month...

June 28 - **ALL EXERCISE CLASSES BEGIN THE SUMMER 6 WEEK SESSION THIS WEEK.** Check the guide for days and times for specific classes. To add life to your years and years to your life exercise!

June 28 and 30 – 1:00 p.m. – 3:00 p.m. **RIGHT CLICK –LEFT CLICK** Learn to use the right mouse button! Many functions can be performed more easily if you know how to use both left and right mouse buttons. \$6.00 – members & \$8.00 – nonmembers. **REGISTER ACTIVITY #10473.**

June 29 to July 6 – 10:00 a.m. – 12:00 p.m. **COMPUTER ESSENTIALS** Build the necessary foundation toward a better understanding of computer terms and uses. This class is a springboard toward a thorough understanding of computer concepts and a prerequisite for all advanced classes. Note: \$3.00 materials fee payable to instructor at class. Prerequisite: Clarify Computer Concepts. **REGISTER ACTIVITY #11103 OR CALL 240-314-8810.**

June 29 to August 3 – 1:00 p.m. – 2:30 p.m. **WORKSHOPS FOR INDIVIDUAL INVESTORS** Do you want to learn more about setting realistic financial goals, making wise investments and avoiding unexpected financial risks? Participants will learn how to increase investment income, reduce taxes on investments and participate in the stock market. Taught by Patrick Berger, Edward Jones. Note: \$8.00 materials fee due to instructor on the first day of class. Free. **REGISTER ACTIVITY #10966 OR CALL 240-314-8810.**

COMING IN JULY

July 7 to August 4 – 10:00 a.m. – 1:00 p.m. **WOODWORKING – FURNITURE 101** Take the next step in developing your woodworking skills by building a beautiful Nantucket bench, which also can serve as a coffee table. Note: Students must purchase approximately 12 board feet of wood of their choice to bring to class. Introduction to Woodworking or equivalent experience prerequisite. Registration fee: \$65.00 – members and \$82.00 – nonmembers. **REGISTER BY 6/18, ACTIVITY #10862.**

Add years to your life....and life to your years!

June 2004

May/June Memorial Fund & RSI Donations (Con't)

In Contribution to the Dining Room Fundraiser:

- Lan-Chu Chung
- Warman Fu
- Jean Gregory
- Ting-Huai Hu
- Betty Hughes
- Yvonne Koo
- Suet Ching Lee
- Kency Li
- Pei-Lin Li
- Sai-Y Lin
- Irene So
- April Sun
- Robert Sun
- Mei-Fei Tsai
- Ying Wang
- Qing-Dao Yang

In Appreciation to the Center:

- Risa Stewart
- Gene Kline (Fannie Mae Matching Gift)

Forget-Me-Not:

The following members have passed away:

- Joe Razza (74)



Raffle Basket Winners...

Congratulations to the following people who won one of the baskets at the RSI Spring Bazaar Raffle:

Corine Bloss, Donald High, Dorothy Gasque, Mary Lou Gendron, Goldie Fisher, and Jill Sheridan.

Our sincere thanks go to George Galasso (Italian Basket), our Asian seniors (2 Chinese Baskets), our Hispanic Seniors (2 Baskets) and Melissa McKenna/Mary Barber (Patriotic Basket) for preparing the baskets with such wonderful goodies.



New Fitness Room Membership Fee

Due to the rising cost of operating the Fitness Room and repairing and maintaining the equipment, it has become necessary to charge a small annual membership fee to all Fitness Club members. This is in keeping with our Department's cost recovery policy which states that individual benefit facilities (such as fitness rooms) must recover 100% of their operating costs.

As of July 1, 2004, if you want to use the Fitness Room, a \$25 fee will be added when you renew your Center membership. You will receive a free Fitness Club t-shirt when you join the new Fitness Club. If this causes a financial difficulty, scholarship funds are available.

Think this fee is too high? Our Fitness Club membership is a bargain compared to fitness clubs in the area: Twinbrook Community Recreation Center (\$110/year), Gold's Gym (\$420/year), Ballys (\$540/year), Metro Fitness (\$396/year) and Health Works (\$540/year).

If you have any questions regarding this new fee, please see Joyce Staub or call 240-314-8822.

Spring Gala ...



Everyone looked wonderful at the Gala!



The annual Spring Gala at Lakewood Country Club was a great success again this year. The Carnation Players entertained the crowd with their rendition of "The Average Joe Meets the Bachelorette". The New Attitudes had the crowd up on their feet doing the YMCA and other line dances. Hats off to Karen Lumpkin, Chris Veirs, Judy Beck and Donna Weeks for organizing such a wonderful evening.



Volunteer of the Year Award Winner Stuart Crump dances with his wife Helen.



Mayor Giammo and Councilmembers Hoffman and Hall share a laugh at the Gala.



Jose Jimenez celebrated his 90th birthday looking like a teenager dancing with wife Racquel!

Center News...

A graduation ceremony was held in May for the twenty people who attended the first Rockville University for seniors. Participants learned about the history of the City of Rockville, its government and its neighborhoods.



Thank you to Jeremy Batt, Elizabeth Pinkus and Daniel Rauder who planted flowers and added a gazing ball in the back of the building as part of their community service project for Julius West Middle School. Alison Brooks and Julie Havens planted the flowers at the front of the building.

In May we honored 273 volunteers who donated 24,533 hours of volunteer time to the center in the past year. This is an incredible show of love and commitment toward the center and its programs and services. We thank you all very much!

Our heartfelt thanks to everyone who helped out with our annual Spring Bazaar. We had lots of great volunteers who helped us raise \$3,800 for the center!



Congratulations to Dale Loman who was the winner of the large JACKPOT at the April 28 Wednesday Night Bingo. Anna Mae Taylor presented Dale with \$500 in cash and \$500 in Giant Gift Certificates.



Rockville Senior Center

Rooms Available for Special Occasions

If you are planning a reunion, baby shower or wedding reception, the Rockville Senior Center has space available to rent for reasonable rates.

Set in a quiet, park setting conveniently located between Routes 355 and I-270, the center has a large reception room ideal for large parties and receptions of up to 200 people. Smaller meeting rooms for 20 to 50 people are also available. Senior Center Member Discount.

For additional information, call 240-314-8801

A stylized signature or logo, possibly for the Rockville Senior Center, featuring a cursive 'J' and 'M'.

Add years to your life....and life to your years!



Thank You to Our 2003-2004 Volunteers!



Kaltrika Adhija
Miriam Allison
Maxine Anders
Phyllis Anderson
Mary Arnot
Quinta Augustine

Karen Baker
Catherine Banerjee
Mary Barber
Ron Barber
Carmen Barrientos
Domitila Barrios
Joan Barron
Mary Beard
Audrey Beck
Angelina Beckmann
Rita Begosh
Richard Bender
Maryam Bidrosian
Dorothy Blanchard
Phyllis Bloomberg

Daniel Bohrer
Zelpha Bokelman
Josephine Boscia
Joseph Bowling
Ed Branges
June Branthover
Betty Briscoe
Howard Briscoe
Lois Brown
Carol Bruff
Gloria Bruns
Margie Burgee
Mollie Burke
Ruth Burkhardt
Helen Butenhoff

Julia Camejo
Barbara Campbell
Rosalie Campbell
Marjorie Carter
Shirley Carty

Pauline Carver
Yun-Shen Chang
Yu-Ying Chang
Chi-Sheng Chao
Ying Chen
Yu-Ching Chen
Yat-Ming Cheung
Rosemary Chisarick
Han-Ping Chu
Liao Lee Chu
Olivia Clark
Nina Clarke
Lynn Cleary
Chris Controwinski
James Conway
Marjorie Costa
Alice Costello
Ellen Covey
Stuart Crump
Helen Crump
Naomi Currin

Pat Daniel
Lois Darling
Jackie Davis
Mowland Davoodpour
Millie Day
Ralph Hall Dean
Lydia Delgado
Shirley Dennison
Shirley Donaldson
Alfreda Dornhoffer
Alverta Dronenburg
Rose Dunn

Doris Ecelbarger
Edward Ellis
Linda Ellis
Rusty Embrey
Lila Erickson

Connie Farrell
Mary Ferris

Martha Finley
Iris Fisch
Goldie Fisher
Elizabeth Fitzgerald
Roseanne Fitzpatrick
Arthur (AD) Fleming
Mary Ford
Louise French
Ed Frillman

George Galasso
Juan Gascue
Alice Glatz
Don Golden
Ciriaco Gonzales
Edith Gregg
Louise Gregory
Jean Gregory
Grace Grimes
Donna Grimmer
Penny Gross
Barry Gross

Rose Haddad
Richard Hahn
Opal Hall
Ruth Hanessian
Bill Hanrahan
Lucy Harkins
Ruey Harn
Teresa Harn
Mary Hebron
Lou Helm
Liz Heneken
Dean Henry
Jim Henry
Cecelia Hermann
Elsa Herrera
Eleanor Holzberger
Catherine Hope
Harriet Hopf
Ruth Horowitz
Margaret Hoyle

Hsin-Ming Hsu
Betty Hughes
Marion Jacobwitz
Jeanette Jennings
Jose Jimenez
Raquel Jimenez
Leonard Johnson
Mary Margaret Jones
Helen Joseph
Jiang Junxiang

Barbara Kach
Peter Kach
Sally Kamenshine
Li-Fen Kao
Laurie Kasiaras
Mary Ellen Kearney
Shirley Kemelher
Vi Kemp
Millicent Killian
Doug King
John Klimkiewicz
Joyce Klimkiewicz
Eugene Kline
Jean Kline
Maxine Koiner
Jack Koser
Ping-Ping Kwok

Gerald Lang
Suet-Ching Lee
Roy Levey
Dolores Lightcap
Yi-Pi Lin
Nancy Little
Yuan-Zi Liu
Ana Lopez
Frances Loveless
Helen Lowery
Sui Lu
Sara Lucas
John Lynch

Homa Mahvi
Marie Marotta
Jim Martin
Frances Martin
Rafaela Martinez
Ann Maslar
Ruth Mastromarino
Dottie Matheison
Teresa Maxwell
Jeanne Mays
Robert Mays
Linda McGlothlin
Nancy McIntyre
Rita McKee
Rosa Medrano
Felicita Mendoza
Ethel Miller
Bill Morgan
Theresa Morra
Elly Moulton
Georgene Muccioli
Marian Mulholland
Shirley Murphy
Ted Murphy

Manavar Narab
Gerry Nealey
Jerry Newman
Robert Newman
Wandy Ng
Lucy Norris

John O'Donnell
Sally O'Neal
Mort Oransoff

Leontine Page
Rosa Pan
Saradaben Pandya
Pat Parlon
Ansuya Passi
Loretta Pelletier
Modesta Picazo

Jane Pisano
Kim Potter
Beverly Pratt
Richard Proper

Li Qi
Janet Queen

Helen Ratliff
Marge Reich
Richard Reidenbach
Tom Reilly
Doris Reiland
Annie Rhodes
Marty Roney
Stan Rosenthal
Peiz-Hen Ruan
Mary Ryan

Virginia Sacco
Elizabeth Salerno
Jim Salerno
Roxanne Salvatierra
Pete Sante
Claire Savage
Roald Schrack
Marian Seim
Bernard Shannon
Chu Shen
Vera Sherick
Rinn Shinn
Mack Smith
Ruth Smith
Shirley Soliman
Murray Stein
Lois Steinc
Lee Stonebraker

Ann Taylor
Anna Mae Taylor
Don Therriault
Lorraine Therriault
Lois Thomas

Betty Tolson
Lois Top
John Triandafilou
Kuan-Hua Tuanmu
Rose Tuanmu
Celia Turner

Nancey Veit
Phyllis Viklaitis

Dorothy Wagner
Mary Jane Walling
Frederick Walters
Margaret Walters
Ying Wang
Hei-Zhou Wang
Yen Shueh Wang
Tom Warmack
Betty Wedler
Joyce Weisner
Margaretha Wells
Ethel White
Gladys Williams
Grace Wilson
James Wilson
Goddard Winterbottom
Xi Wu

Shang-Jin Xu

Qing-Dao Yang
Shuling Yang
Tom Yoder
Mercedes Zaldumbide
Shu Ying Zhou

**Total Number
of Volunteers:
273**

**Total Number
of Volunteer
Hours: 24,533**

Volunteer Appreciation Ceremony

On May 18 we recognized our very special volunteers, but we also made some very important award presentations.



The first annual **Estelle Berberian Volunteer of the Year Award** was given to **Stuart Crump** for his efforts last year in the Computer Lab, delivering the baked goods from Entenmann's, helping with the Holiday and Spring Bazaars and serving on the Senior Commission. Stuart can be depended upon to be there every day and he volunteered over 300 hours last year according to nominator Jack Koser. Ruth Hanessian, Estelle's daughter, presented the award and a check for \$100 to Stuart (which he then donated back to RSI in Estelle's memory).

Chair on the RSI Board for 8 years, but she is most well known for the many years she served as the Manager of the Thrift Shop and Coordinator of the Yard Sale and Holiday Bazaars.



Lifetime Memberships were also presented to Lois Darling, Frances Loveless and Frances Martin. **Lois Darling** served as Ways and Means

Frances Loveless has volunteered in the Thrift Shop for 15 years. Not even suffering a broken kneecap can keep Frances from volunteering every Monday as a cashier in the Thrift Shop! Frances also helps out in the Lunch Room and at our Friday afternoon Bingo program.

For almost 20 years **Frances Martin** has volunteered in many areas of the center. She served on the RSI Board of Directors, was the Consignment Manager and a cashier for the Gift Shop, she worked as a caller for the evening Bingo where she also kept track of the finances and prepared the weekly financial reports.

Finally, Mary Fleisher presented the **Corporate Appreciation Award** was given to **Suburban Hospital** for providing a decade of health screenings and lectures, as well as sponsoring the Heart Well program that enables us to have a nurse in the building 3 days a week.



Fitness and Wellness: Working Hand in Hand for a Healthier You!

FITNESS

FITNESS CLUB ROOM

HOURS:

Mon.-Fri.-8:30am-4:50pm;

Sat. 8:30am-12:50pm

Membership available by taking Exercise Machine Training. See Guide for information.

Exercise Machine Training:

Register via Recreation Guide. You will be called for an appointment time.

Toning Table Training: Signup sheets are on the desk outside Fitness Room.

Game Room: Table tennis & pool tables, dart board & equipment are available Monday - Saturday.

Senior Fitness Cluster: Apparatus & directions located behind children's playground.

Weight Scales: In Fitness & Health Rooms.

Personal Trainer Available: See Rec. Guide.



WELLNESS

Health Insurance Counseling:

Call 240-314-8810 for an appointment. One-on-one counseling on medicare, medigap, long-term care insurance, HMOs, claims and appeals. Wed. 6/9.

Blood Pressure Screenings: Mon. 6/14 & 6/28 and Wed. 6/12 & 6/16. 10am - 12 pm

Loan Closet: Medical equipment for short-term loan. Call 240-314-8803.

Medical Clinic: 6/1 - 12:30pm - 3:30pm & 6/15 - 12:30 pm- 5:00pm. Call 301-493-2400.

Heartwell Nurse: Mon. Wed. & Fri., 9am-2:30pm. Call 301-610-0143 for an appointment.

Body Fat Composition: Thursdays, 10:30am- 12pm

Healthcare Screenings: Tues. 6/29 - call 1-888-922-2528 for appt. Includes abdominal aortic, carotid vascular and ankle brachial index.

Senior Back Pain: Tues. 6/8, 11:00am- 12pm

Conditions of the Hand: Thurs. 6/17, 1:00 - 2:00 pm

Wellness Matters... What is Lyme Disease?

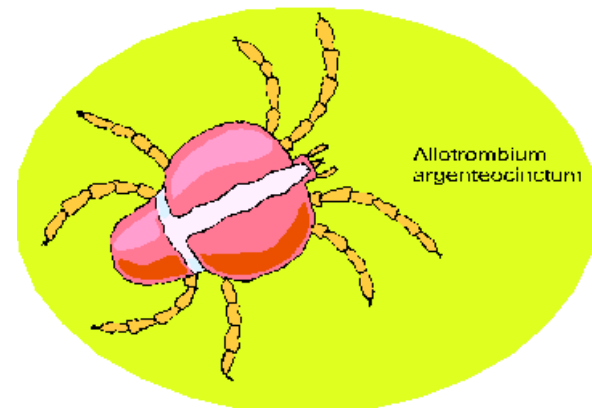
Lyme disease was first recognized in 1975 after researchers investigated why unusually large numbers of children were being diagnosed with juvenile rheumatoid arthritis in Lyme, Connecticut and two surrounding towns. The investigators discovered that most of the affected children lived near wooded areas. They also found that the children's first symptoms typically started in the summer months coinciding with the height of the tick season. In addition, several of the patients interviewed reported having a skin rash before developing their arthritis and many also recalled being bitten by a tick at the rash site. Upon further investigation it was determined that tiny deer ticks infected with a spiral shaped bacterium called, *Borrelia burgdorferi*, were responsible for the outbreak of arthritis in Lyme. In Europe a skin rash similar to that of Lyme disease had been described in medical literature dating back to the turn of the century. It is believed that Lyme disease may have spread from Europe to the United States in the early 1900s, but only been recently recognized as a distinct disease.

Lyme disease is difficult to diagnosis because it mimics various other diseases. However, a characteristic red rash known as erythema migrans (EM) usually occurs at the site of the tick bite, followed by flu-like symptoms. These symptoms can include headaches, chills, fever, and body aches and stiffness. The symptoms tend to persist or occur intermittently. If not treated with an antibiotic the patient can develop recurrent attacks of painful and swollen joints that last for a few days or several months. The arthritis can shift from one joint to another although the knee is most commonly affected.

There is no specific blood test that can be done to diagnosis the disease so physicians often rely on their clinical judgment for the diagnosis. The treatment consists of the use of antibiotics, such as doxycycline or amoxicillin, which are taken for a few weeks after Lyme disease had been diagnosed.

The best prevention is to wear long pants, long-sleeved shirts, closed shoes and socks when walking in wooded areas. In addition, check yourself and your pets for ticks. If you find any remove them immediately by using a tweezers to tug gently but firmly near the head of the tick until it releases its hold on the skin.

Submitted by Mary Fleisher, Wellness Coordinator



RSI Reports...

The meeting of the Rockville Seniors Inc. was held on Tuesday, April 20, 2004, at the Rockville Senior Center. The meeting was called to order by Chairman Ron Barber at 1:05 p.m. followed by a moment of silent prayer. The minutes from the March 16, 2004 meeting were accepted.

TREASURER'S REPORT: A report for the month of March 2004 was presented.

STANDING COMMITTEES:

A. Budget: Receipts are doing very well. Expenses are high under miscellaneous because of the donation to the softball team. We are getting a lot of donations for the Dining Room - \$9,660.00 to date.

B. Ways & Means: Baskets are on display by the front office and we are selling raffle tickets.

C. Bingo: We are doing very well. The large jackpot has not gone yet.

D. Correspondence/Memorial: Joyce Staub sent a letter thanking RSI for the \$600.00 donation for the softball team. \$525.00 paid the registration fee. The remainder will be used for uniforms needed for new players. We have received \$110.00 in February for memorials and \$10.00 in March. We have received \$1,175.00 in memory of Estelle Berberian.

E. Gift /Thrift Shop: The Gift Shop is doing very well.

F. Publicity: We will run an ad for the Spring Bazaar & Yard Sale in the Gazette. The ad for crafters generated eight responses.

G. Senior Citizens Commission: The Town Center Club is disbanding. The Housing Forum went very well. We hope to have a draft of the results of this meeting soon. We are trying to get information to the members on changes in Medicare. GROWS had a program at Holiday Park on the pros and cons of Medicare changes. We are going outside of the city to attend county and state meetings. We have four commissioners attending the federal rally on May 12.

Winston Lark moved to Sykesville and will no longer be on the commission. We are still attending the United Seniors of Maryland meetings.

H. Hispanic Services Report:

Citizenship Classes: These classes have been canceled during the summer but will resume in the fall. **Entertainment:** The Hispanic group participated in two recreational events: A trip to Baltimore where they visited a museum, and a trip to see the cherry blossoms in Washington. **May Bazaar Basket:** The basket that the Hispanic group is contributing for the May Bazaar is already at the main entrance of the Center. The basket contents are grouped in three categories: Coffee time, Teatime and Chocolate time. **Support Group?:** Would it be feasible and positive to create in the Center some kind of support group for immigrant seniors? The Board thought that Juan should approach Lorraine Schack to discuss this type of program.

I. Asian Services Report: No report.

OLD BUSINESS:

We had a lot of good applications for the Volunteer of the Year Award. The award will be announced at the Volunteer Appreciation Party. George G. did a great job on the plaques for the Estelle Berberian Award and the corporate award for Suburban Hospital.

Three nominations for Lifetime Memberships were presented to the Board. Louise G. made a motion to honor Lois Darling, Frances Loveless and Frances Martin with a lifetime membership to the senior center. Ron B. seconded the motion. Motion carried. This will be announced at the Volunteer Appreciation Party.

We have 9 applicants so far for the RSI Board. The following will be appointed by the Mayor and Council: Ron Barber, Juan Gascue and Mary Ryan on May 10, 2004. The deadline for accepting applications is April 26, 2004.

The executor of Norman White's estate will be finished cleaning out the house by the end of April. We need to select a realtor. Jill H. spoke with Burt Hall and he will allow a city crew to come out and spruce up the property.

NEW BUSINESS:

The Annual Health & Fitness Fair is on May 26 from 11:00 a.m. to 2:00 p.m. It is National Senior's Health and Fitness Day. Mary asked for additional money from RSI to pay for screenings and refreshments. Motion to donate \$500.00 to the Health & Fitness Fair carried.

Karen L. notified Mary R. that she would need to go over budget for the birthday parties because they had to purchase additional gifts. Motion to allow Karen L. additional money for birthday gifts carried.

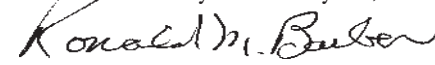
Motion to allow \$300.00 for the purchase of additional DVDs for our lending library carried. We need to replace one of the artificial trees in the lobby. Motion to purchase one more tree for the lobby carried. Motion to purchase a computer and printer for the Front Office at an estimated cost of \$2,500.00 carried.

STAFF REPORT:

The men's room in the back hallway has been retiled.

The construction has been delayed. Jill H. will find out the progress at a meeting on Thursday.

The meeting was adjourned at 2:50 p.m. The RSI Elections and Volunteer Party is on May 18, 2004 at 1:00 p.m.



RSI Chairman and President

Senior Citizens Commission Highlights...

Now that spring is here we are spending more time in outdoor recreation and less on the things that affect our community. However, the local and state governments are busy with their budget process and many cuts are being proposed in the budgets for FY2005. Some of these cuts will impact on senior citizen programs. If you look at the City of Rockville budget you will notice that very little is said about affordable housing except for a statement that sets aside a whopping \$6,500 to explore the expansion of the City's moderately priced dwelling unit program. In the May issue of the Rockville Reports it is stated that the Mayor and Council also have expressed interest in addressing affordable housing for seniors but there is no mention of any funding for this in the budget. It also states that "the Mayor and Council, City staff and Town Square developers plan to work together in the coming year to assure appropriate placement of seniors in affordable housing in Town Center." Senior citizens need to keep in touch with the Mayor and Council to make sure that they do indeed have affordable housing for seniors in the Town Center. We need to pursue this issue with the City to its completion so that not only will there be affordable housing but that the other issues of interest to seniors such as parking and transportation are also addressed.

On May 12th members of the Rockville Senior Citizens Commission attended a rally at the Capitol in Washington D.C. and met with our congressional delegation from Maryland. This was sponsored by the United Seniors of Maryland to bring the concerns of seniors to those who are involved in making decisions at the national level. The major issues discussed revolve around health care and social security. We will be passing on the information we gained from the rally to you in next months calendar.

Ciriaco Gonzales
Chairman, Senior Citizens Commission

2004-2005 RSI Board of Directors

Congratulations to the newley elected
2004 - 2005 RSI Board of Directors:

Back Row: Ron Barber, Chu Shen,
Lousie Gregory, George Galasso, Betty
Briscoe and Juan Gascue

Front Row: Mary Barber, Marjorie
Costa, Betty Hughes and Marty Roney

Absent: Mary Ryan



Senior Services Numbers

Social Services	240-314-8810
Transportation	240-314-8810
Lunch Program	240-314-8810
Rockville Senior Center	240-314-8800
Recreation	240-314-8820
Sports & Exercise	240-314-8820
Wellness	240-314-8803
Nurse	301-610-0143

OUTREACH AND SERVICES

Advance Directives – A Guide to Maryland Law on Health Care Decisions
Forms and information are available in the Transportation office and in Outreach services.

Applications - Medical Assistance, Rental Assistance, Pharmacy Assistance and other applications are available in the Senior Outreach office.

Assistive Listening Devices – If you need help hearing a speaker or a program, new earphones purchased by the Center can help. Ask any staff person for assistance.

Companion Animals – Birds are available for loan and/or adoption. Look for them before the monthly birthday party.

File of Life – Have vital medical information available in emergency situations. Your medical information is attached to a large magnet placed on front of your refrigerator – saving valuable time for emergency or rescue personnel. Available in transportation office and in Outreach services.

Financial Assistance – *Senior Assistance Program* will help with Senior Center membership, class fees, trips, and programs. Must be income eligible and a Rockville resident. To apply call 240-314-8810. *Rockville Emergency Assistance Program* will provide personal assistance when faced with emergency financial difficulties. For an appointment call 240-314-8816.

Health Insurance Counseling – One-on-one counseling on Medicare, medigap policies, long-term care insurance, HMOs, claims and appeals is available each month from volunteers from Senior Health Insurance Assistance Program. Call 240-314-8810 for an appointment.

Home Repair, Maintenance and Modification – Provided by skilled volunteers, these free services are available to low and moderate income seniors who live in Rockville. To apply, call Senior Outreach at 240-314-8816.

Grandparents Raising Grandchildren Support Group – Meet other grandparents, gain support, and learn about resources. Call Lorraine at 240-314-8810 for information.

Information and Assistance – Learn about important services for seniors. For help in Chinese call 240-314-8818, in English call 240-314-8816 and in Spanish call 240-314-8817

Legal Assistance – For assistance with simple wills a volunteer attorney is available monthly. For an appointment call 240-314-8810.

Loan Closet – Wheelchairs, walkers, tub seats and other medical equipment are available for short-term loan. Wheelchairs, \$50 refundable deposit. Call 240-314-8803

Mobile Post Office – Tuesdays 11am – 12:15 pm in front of the senior center.

Notary Services – No charge. Call 240-314-8810 or see Bette in the transportation office.

TRANSPORTATION (applications are available in the Transportation office)

Accessible Parking Applications – For motorists with disabilities, applications for parking placards and license plates are available.

Call'N Ride – Taxi coupons valued at \$30.00 may be purchased each month at a reduced rate based on income and family size.

City of Rockville buses – Door to door bus service is available to the Rockville Senior Center, shopping, the Pump House, club meetings and special trips. Reservations are required.

Metro Access – This is a public transportation service for individuals with disabilities. Participants must be certified by Metro (WMATA) that they are not able to use public transportation. A guide to Metro Access and applications may be picked up.

Metro Applications for Senior Citizen Reduced Fare Program – ID cards are necessary for discounted Metrobus and Metrorail fares.

Metro Fare Cards Discount fare cards are available for purchase. Minimum age 65

Carnation Supper Club...

June 2004 * Please call
240-314-8810 for reservations!

Join us on Tuesday evenings for dinner, socializing, and entertainment. Transportation is provided. Please call before noon p.m. on Fridays to make a reservation. The price for each dinner with entertainment is \$10.00.

May 25th: Summer Picnic

by **Chicken Out Catering**

Rotisserie Chicken

BBQ Pulled Rotisserie Chicken

Cole Slaw, Baked Beans & Garden Salad

Rolls, Biscuits & Cookies

Featuring the "Barry Wendell Trio"

June 1st : Catered Dinner

by **Festive Occasions, Unlimited**

Mixed Field Greens Salad

with tomatoes, cucumbers, radishes

with Ranch & Balsamic Vinaigrette Dressings

Marinated Flank Steak with Hunter Sauce

Garlic Dill New Potatoes

Grilled Harvest Vegetables

Rolls & Butter

Homemade Pie - Whipped Cream

Featuring "Chuck Durfor"

June 8th: Chicken Pot Pie

by **Chicken Out Catering**

Chicken Pot Pie

Salad

Fresh Baked Bread & Cookies

Featuring "Joe Doyle"

**The Price For Each
Dinner with
Entertainment is
\$10.00**

June 15th : Catered Dinner

by **Festive Occasions, Unlimited**

Romaine Lettuce, Mandarin Oranges & Pine

Nuts with Orange Vinaigrette Dressing

Grilled Salmon with Tarragon Butter

Lemon Dill Sauce

Seasoned Basmati Rice

Fresh Green Beans with Red Bell Peppers

Rolls & Butter

Carrot Cake with Cream Cheese Frosting

Featuring "Dan Tuite"

June 22nd : Catered Dinner

by **Festive Occasions, Unlimited**

Tossed Salad with Plum Tomatoes, Cucumbers

& Carrots with Bleu Cheese & Ranch Dressings

Beef Bourguignon

Rice with Parsley & Tarragon

Grilled Seasonal Vegetables

Rolls & Butter

Miniature Crème Puffs

Fruit Display & Honey Yogurt Dip

Featuring "The Seraphims"

June 29th : Summer Buffet

by **Chicken Out Catering**

Garden Salad

Rotisserie Chicken

Red Skinned Mashed Potatoes

Medley of Peas, Corn & Carrots

Baguettes & Biscuits

Featuring "The Glen Echoes"

Chicken Marsala

Wine, lemons, and
mushrooms flavor this low
fat/low salt chicken recipe.

1/8 tsp.	black pepper
1/4 tsp.	salt
1/4 cup	flour
4	chicken breasts, boned, skinless
1 Tbsp.	olive oil
1/2 cup	Marsala wine
1/2 cup	chicken stock, skim fat from top
1/2 lemon	fresh lemon juice
1/2 cup	sliced mushrooms
1 Tbsp.	fresh parsley, chopped

1. Mix together pepper, salt, and flour. Coat chicken with seasoned flour.
2. In a heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides. Then remove chicken from skillet and set aside.
3. To the skillet, add wine and stir until the wine is heated. Add juice, stock, and mushrooms. Stir to toss, reduce heat, and cook for about 10 minutes until the sauce is partially reduced.
4. Return browned chicken breasts to skillet. Spoon sauce over the chicken.
5. Cover and cook for about 5-10 minutes or until chicken is done.
6. Serve sauce over chicken. Garnish with chopped parsley.

Yield: 4 servings – Each serving provides: 277 calories, 8 g total fat, 2 g saturated fat, 77 mg cholesterol & 304 mg sodium.

Computer Lab Update...



BEGINNERS INTRODUCTION TO PERSONAL COMPUTERS

There will be no July Beginners Introduction Classes. Please see the Recreation Guide for information on the next series.

PLEASE NOTE:

These free classes provide fundamental computer skills and are one of the prerequisites to future classes. **Telephone registrations will not be accepted.** If you wish to register for the Beginners Series, visit the Information Desk at the Senior Center and fill out the registration form.

You must register for ALL 4 BEGINNER CLASSES, unless you can pre-qualify prior to class at one of our Student Skills Practice Labs. Our instructors and coaches are available every Friday from 9:30-11:30 a.m. to help you qualify for your class choices. If you do register and find you are unable to attend, please call-another member may wish to take your place.

OPEN SKILLS PRACTICE LAB

Our Instructors and Coaches are available every Friday morning from 9:30 – 11:30 a.m. during our Open Skills Practice Lab to help qualify you for your class choices. Stop in and meet with them.

UPCOMING CLASSES JUNE - JULY 2004

Before you register: Please note these classes are listed in date order, and are appropriate for students of various ability levels.

Class Levels:

A = Beginners with no prior computer experience

B = Students with some prior computer experience, recent practice

C = Students who have completed pre-requisites

D = Students with specific listed pre-requisites

Most classes have required pre-requisites, fees and class materials cost (payable to instructor). Classes may also be canceled for lack of the minimum necessary registration. Be sure to register early! See the Recreation Guide for dates, times and specific details.

B	#10696	Clarify Computer Concepts	June 7	10-12 noon
C	#10470	Internet	June 8, 10, 15 & 17	10-12 noon
A	#10466	Beginner Intro to Computers	June 14, 22 & 24	am/pm
D	#10700	Word perfect: Introduction	June 16	10-12 noon
B	#10473	Right Click - Left Click	June 28, 30	1-3 pm
C	#11103	Computer Essentials	June 29, July 1, 6	10-12 noon
B	#11180	Simple Word Processing	July 6 & 8	1-3 pm
B	#11095	Clarify Computer Concepts	July 12	10-12 noon
C	#11125	Understanding Windows	July 19, 21, 26 & 28, Aug 2	10-12 noon

Montgomery County Senior Nutrition Program - LUNCH MENU

Call 240-314-8810 for reservations and cancellations. The full cost of the meal is now \$4.05.
For persons age 60 and over and spouse of any age, a voluntary contribution is requested.

	Tuesday, June 1 Orange Juice Vegetarian Lasagna Garden Salad French Bread Chocolate Pudding	Wed, June 2 Salisbury Steak Scalloped Potatoes Mixed Vegetables Roll Fresh Fruit	Thurs, June 3 Breaded Scrod Corn & Lima Beans Stewed Tomatoes Rye Bread Canned Peaches	Friday, June 4 Seasoned Chicken Sweet Potatoes Tomato-Onion-Cucumber Fruit Muffin Pineapple Tidbits
Monday, June 7 Chicken Parmesan Rice Spinach Salad Pumpernickel Bread Fruit Cocktail	Tuesday, June 8 Orange Juice Shepherd's Pie Garden Salad Rye Bread Vanilla Pudding	Wed, June 9 Vegetable Soup Tuna Salad Lettuce and Tomatoes Whole Wheat Bread Fresh Fruit	Thurs, June 10 Turkey with Gravy Mashed Potatoes Marinated Beets Roll Pineapple Tidbits	Friday, June 11 Apple Juice Spaghetti with Meat Sauce Tossed Green Salad French Bread Chocolate Ice Cream
Monday, June 14 Apple Juice Spinach-Rice-Cheese Casserole Tossed Green Salad Fruit Muffin & Pears	Tuesday, June 15 Turkey Tetrazzini Broccoli Garden Salad Whole Wheat Bread Cookie	Wed, June 16 Orange Juice Breaded Scrod Scalloped Potatoes Peas and Carrots Pumpernickel Bread Spiced Apples	Thurs, June 17 Barbecued Beef on a Bun Potato Salad Coleslaw Fresh Fruit	Friday, June 18 Navy Bean Soup Chicken Country Captain Rice Collard Greens Rye Bread & Jello
Monday, June 21 Orange Juice Meat Lasagna Tossed Green Salad French Bread Applesauce	Tues, June 22 Chicken Cacciatore Rotini Broccoli Pumpernickel Bread Fresh Fruit	Wed, June 23 Apple Juice Roast Beef & Gravy Scalloped Potatoes Mixed Vegetables Whole Wheat Bread Vanilla Pudding	Thurs, June 24 Potato Soup Turkey Chef Salad Medley Bean Salad Rye Bread Chocolate Ice Cream	Friday, June 25 Breaded Scrod Baked Potato Stewed Tomatoes Roll Diced Pears
Monday, June 28 Apple Juice Beef Tips with Gravy Mashed Potatoes Roll Canned Peaches	Tues, June 29 Broccoli Soup Tuna Salad Lettuce & Tomatoes Rye Bread Jello	Wed, June 30 Orange Juice Lentils-Rice-Tomatoes Tossed Green Salad Whole Wheat Bread Vanilla Ice Cream		

City of Rockville
Rockville Senior Center
1150 Carnation Drive
Rockville, Maryland 20850

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PERMIT NO. 63

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Robert E. Dorsey
John F. Hall, Jr.
Susan R. Hoffman
Anne M. Robbins

ROCKVILLE SENIORS, INC.

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V. President/Co-Chairman - Paula Carver
Treasurer - Mary Ryan
Ass't Treasurer - Betty Hughes
Reporting Sec. - Mary Barber
Corresponding Secretary - Louise Gregory
Committee Chair - Marjorie Costa
Committee Chair- George Galasso
Committee Chair - Juan Gascue
Committee Chair - Chu Shen
Senior Commission Liaison - Marty Roney

ROCKVILLE SENIOR CITIZENS COMMISSION

Chair: Ciriaco Gonzales
Vice-Chair: Marty Roney
Commissioners:
Audrey Beck Stuart Crump
Connie Farrell Murray Stein
Jonathon Triandafilou

DEPARTMENT OF RECREATION AND PARKS

Burt Hall, Director
Philip Bryan, Supt. of Recreation
Steve Mader, Supt. of Parks and Facilities

Any individuals with disabilities who would like to receive the information in this publication in another form may contact the ADA Coordinator at 240-314-8100.

SENIOR CENTER STAFF

Nick Aquino, Building Custodian
Mary Barber, Clerk
Maryam Bidrosian, Nutrition Aide
Janet Colwell, Clerk
Jackie Cristiano, Program Assistant
Keith Dennis, Building Custodian
B.J. Dittbrenner, Outreach Worker
Mary Fleisher, Wellness Coordinator
Edith Gregg, Clerk
Jill Hall, Senior Center Supervisor
Mary Hebron, Bus Driver/Nutrition Aide
Anthony Hilliard, Bus Driver
Dorothy Jackson, Clerk
Theodore Jackson, Bus Driver
Jean Kemmerer, Nutrition Program Aide
Sarah King, Pump House Program Asst.
Chris Klopfer, Personal Trainer
Betty Lauder, Nutrition Site Manager
Karen Lumpkin, Sr. Recreation Coord.
Edward Lynn, Bus Driver
Marie MacKay, Clerk
Martha McClelland, Outreach Worker
Melissa McKenna, Center Secretary
Miriam Minera, Outreach Worker
Angie Reed, Bus Driver
Karina Rodriguez, Reg. Specialist
Bette Sanders, Senior Services Secretary
Lorraine Schack, Sr. Social Services Coord.
Vicki Smith, Nutrition Program Aide
Joyce Staub, Sports & Exercise Coord.
Shelley Stewart, Bus Driver
Zhao-Yong Sun, Outreach Worker
Ann Taylor, Kitchen Manager
Eileen Tragert, Program Assistant
Lillian Tyska, Clerk
Chris Veirs, Program Assistant
Tom Warmack, Bus Driver
Donna Weeks, Program Assistant
Margie Wheeler, Supper Club Site Mgr.
Rozell Wilson, Bus Driver

Mission Statement

To promote participation by all Rockville citizens in diverse, interesting, and high quality recreational and leisure opportunities in safe, modern, and well maintained parks and facilities.